



**THE QUARRY ARTS BUILDING  
ONGOING MOVEMENT CLASSES IN ROOM 170**

**UPDATED: FEBRUARY 25, 2020**

**NOTE: CALL TO CONFIRM FOR ALL CLASSES PRIOR TO ATTENDING FOR THE FIRST TIME.**

[www.quarryarts.com](http://www.quarryarts.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:45 am	7:30 – 8:45 am
9:00 – 10:15 am Nancy Pullen Certified Kripalu Yoga Teacher <b>YOGA WITH NANCY</b> 255-9119 ext 2 <a href="mailto:nancypullen.pty@gmail.com">nancypullen.pty@gmail.com</a>	9:00 – 10:15 am	9:00 – 10:15 am Maruti Landau <b>WELL WITHIN YOGA WITH MARUTI</b>  <a href="mailto:maruti@wellwithinmadison.com">maruti@wellwithinmadison.com</a>	9:00 – 10:15 am Mary K. McCanna <b>GENTLE ALIGNMENT YOGA/ MEDITATION</b> 608-334-6068 <a href="mailto:mkdmcanna@gmail.com">mkdmcanna@gmail.com</a>	9:00 – 10:15 am Cecily Frederick <b>ALIGNMENT YOGA</b> 608-239-5334 <a href="mailto:cecily@madisonyoga.com">cecily@madisonyoga.com</a>	9:00 – 10:15 am Elizabeth Leigh Gust <b>ALIGNMENT YOGA</b> 608-445-8366 <a href="mailto:elizabethleighphysio@gmail.com">elizabethleighphysio@gmail.com</a>	9:00 – 9:30 Rachel Laclair <b>YAMUNA BODY ROLLING</b> Focused Head, Neck, Shoulder (2nd Sunday of the Mo)
10:30 – 11:45 am Jill Johnson <b>GENTLE YOGA</b> 603-667-5117 <a href="mailto:jilljohnsonyoga@gmail.com">jilljohnsonyoga@gmail.com</a>	10:30 – 11:45 AM Jody Alexander <b>STRETCH &amp; STRENGTHEN SENIOR YOGA</b> 608-239-5409 <a href="mailto:jalexander426@att.net">jalexander426@att.net</a>	10:30 – 11:45 am Linda Mundt <b>STRENGTH THROUGH ALIGNMENT, MOVEMENT &amp; MEDITATION</b> 608-255-0651 <a href="mailto:linda@lindamundt.com">linda@lindamundt.com</a>	10:30 – 11:45 am Mary K. McCanna <b>ALIGNMENT YOGA/ MEDITATION</b> 608-334-6068 <a href="mailto:mkdmcanna@gmail.com">mkdmcanna@gmail.com</a>	10:30 – 11:45 am Andrea Russell <b>ALIGNMENT YOGA</b>  608-712-9642 <a href="http://andrearussell.com">andrearussell.com</a>	10:30 – 12:15 pm Nansi Colley  <b>SATURDAY MORNING YOGA FOR YOUR BACK</b> <a href="mailto:njcolley@wisc.edu">njcolley@wisc.edu</a>  classes are purchased as a Session, please email instructor for registration	10:30 – 11:45 am Rachel Laclair <b>YAMUNA BODY ROLLING</b> Every Sunday  608-406-3844 <a href="mailto:bodyrollingwithrachel@gmail.com">bodyrollingwithrachel@gmail.com</a>
NOON – 1:15 pm Iris Mickey <b>YOGA ACCESSIBLE FOR ALL</b> 608-446-4600 <a href="mailto:iris@yafayoga.org">iris@yafayoga.org</a> <a href="http://yafayoga.org">yafayoga.org</a>	NOON – 1:15 pm Maruti Landau <b>WELL WITHIN YOGA WITH MARUTI</b>  <a href="mailto:maruti@wellwithinmadison.com">maruti@wellwithinmadison.com</a>	NOON – 1:15 pm Cecily Frederick <b>ALIGNMENT YOGA</b> 608-239-5334 <a href="mailto:cecily@madisonyoga.com">cecily@madisonyoga.com</a>	NOON – 1:15 pm Maruti Landau <b>WELL WITHIN YOGA WITH MARUTI</b>  <a href="mailto:maruti@wellwithinmadison.com">maruti@wellwithinmadison.com</a>	12:15 – 1:15 PM Andrea Russell <b>ALIGNMENT YOGA</b>  608-712-9642 <a href="http://andrearussell.com">andrearussell.com</a>	March 7 1:30-6:30 reserved for a workshop  April 4 1:30-5:30 reserved private event	NOON – 1:15 pm
2:30 – 3:45	2:30 – 3:45 pm	2:30 – 3:45 pm Karen Rigsby <b>PRIVATE YOGA CLASSES</b>	2:30 – 3:45 pm	2:30 – 3:45 pm Nansi Colley <b>Friday Happy Hour: Yoga for your Back</b> <a href="mailto:njcolley@wisc.edu">njcolley@wisc.edu</a>	2:30 – 3:45 p.m.	2:30 – 3:45 p.m.
4:00 – 5:15 pm Marcella Speich <b>DONATION BASED COMMUNITY YOGA</b> 608-235-9303 <a href="mailto:backyardyoga@gmail.com">backyardyoga@gmail.com</a> <a href="http://yourbackyardyoga.com">yourbackyardyoga.com</a>	4:00 – 5:15 p.m.	4:00 – 5:15 pm	4:00 – 5:15 pm	4:00 – 5:15 pm Nansi Colley <b>Friday Happy Hour: Yoga for your Back</b> <a href="mailto:njcolley@wisc.edu">njcolley@wisc.edu</a>	4:00 – 5:15 p.m.	4:00 – 5:15 pm Hope Henley <b>Hope Yoga</b>  608-220-7748 <a href="mailto:hopehenley33@gmail.com">hopehenley33@gmail.com</a>
5:30 – 6:45 pm Katie Schwartz <b>ALIGNMENT YOGA</b>  608-212-3436 <a href="mailto:ktschwartz@gmail.com">ktschwartz@gmail.com</a>	5:30 – 6:45 pm Andrea Russell <b>ALIGNMENT YOGA</b>  608-712-9642 <a href="http://andrearussell.com">andrearussell.com</a>	5:30 – 6:45 pm Maruti Landau <b>WELL WITHIN YOGA WITH MARUTI</b>  <a href="mailto:maruti@wellwithinmadison.com">maruti@wellwithinmadison.com</a>	5:30 – 6:45 pm Andrea Russell <b>ALIGNMENT YOGA</b>  608-712-9642 <a href="http://andrearussell.com">andrearussell.com</a>	5:30 – 6:45 pm Nancy Pullen Certified Kripalu Yoga Teacher <b>YOGA WITH NANCY</b> 255-9119 ext. 2 <a href="mailto:nancypullen.pty@gmail.com">nancypullen.pty@gmail.com</a>	5:30 – 6:45 pm	5:30 – 6:45 p.m. Heather Toonen <b>SUNSET FLOW W/ YOGA NIDRA</b> 323-243-9778 <a href="mailto:heather.toonen@gmail.com">heather.toonen@gmail.com</a>  <a href="http://heathertoonen.com">heathertoonen.com</a>
7:00 – 8:15 pm	7:00 – 8:15 pm Hanna Franke <b>SOMATIC MOVEMENT WITH HANNA FRANKE</b> 608-238-6794	7:00 – 8:15 pm Korinji Foundation <b>ZEN MEDITATION AND INTERNAL ENERGY PRACTICES</b> 773-425-9911 <a href="mailto:info@korinji.org">info@korinji.org</a>	7:00 – 8:15 pm Isthmus Zen Community <b>MEDITATION</b> 608-405-2436	7:00 – 8:15 pm	7:00 – 8:15 pm	7:00 – 8:15 p.m. Shari Henning <b>MEDITATIVE SOUND BATH</b> 608-438-3365 <a href="mailto:soundshiftmadison@gmail.com">soundshiftmadison@gmail.com</a>
8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm	8:30 – 9:45 pm Isthmus Zen Community	8:30 – 9:45 p.m.	8:30 – 9:45 pm	8:30 – 9:45 pm
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